

6th Kyu - Green Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Tobikomizuki.
4. Surikomi Mawashigeri Chudan.
5. Surikomi Sokuto Chudan.

Renraku Waza (Combination Techniques)

1. Maegeri - Sokuto - Gyakuzuki.
2. Surikomi Maegeri - Sokuto - Gyakuzuki.

Uke (Blocks)

- Jodan Uke Ipponme (1)
- Jodan Uke Nihonme (2)
- Chudan Maegeri Uke Gohonme (5)
- Chudan Maegeri Uke Ropponme (6)

Kata (Form)

- Pinan Shodan
- Pinan Sandan

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)

Go Shin Jutsu (Self Defence)

Ji Yu Kumite (Free Fighting)